

# NUTRITION AND HEALTHY LIVING



## Would you like to live a healthier lifestyle?

Nutrition and healthy Living is an individualised and flexible program designed to increase your understanding about healthy lifestyle choices. It includes topics such as diet, exercise and relaxation.

This program is suited to people of all levels of literacy. You will receive a workbook and a certificate upon completion.

### Who can participate?

Anyone with appropriate NDIS funding can participate, or you can self-fund if required.

### Who delivers this training?

Our team of Developmental Educators and Program Facilitators are experienced in helping people feel more confident in choosing healthier options.

### When can this training start?

Our staff can arrange a time that suits you.

### Want to take part?

Contact our Customer Care Team Leader, Merisa on 8375 2021 or [intake@orana.asn.au](mailto:intake@orana.asn.au)